



RMHC®
British Columbia
& Yukon

Family Meal

Information Package



About the Family Meal Program

A night off from cooking, doing dishes and having to worry about preparing a healthy, delicious meal is a huge relief for the thousands of families who call Ronald McDonald House BC and Yukon 'home'. That's why we are so proud of our Family Meal program!

Individuals, groups, companies and organizations alike volunteer to prepare and serve a meal to 100 people, and then clean-up for our families. Not only does this help families mitigate the stress of having to prepare a meal, but it also helps them with some of the costs that they are faced with when they come to Vancouver in search of life-saving medical treatment for their child. There truly is no better gift than a home-cooked meal after a long day!

Book Your Meal

Please visit our website to view our Family Meal calendar. Once you find an available date that works for your group, you can fill out the online Booking Form. We book up quickly, typically months in advance, so book when you can.

www.rmhbc.ca/family-meal-program/

Once your dinner is booked, you will receive a Confirmation Form. Please submit your Confirmation Form with your menu and attendees no later than two weeks in advance of your scheduled dinner.

If you have any questions,
please do not hesitate to contact:

Ayla Kooner
familymeals@rmhbc.ca
(604) 736-2957

Did You Know?

We have many opportunities for groups in fundraising for the House. Challenge your meal group to a fundraising goal. See how much you can raise before your Family Meal.

If you are up for the challenge, please let us know! We are happy to provide you with all the information and support you need to get started.

Family Dinner

4 PM

Group arrives at 4 PM and greeted by RMH staff and/or volunteers.

Group unloads vehicles and brings food to kitchen.

4:30 PM

A staff or volunteer will lead group on a House tour.

Your meal host volunteer will provide a debrief of the how the evening will work and guide you through the kitchen.

5 PM

Your group will assign roles and begin cooking.

You may want to clean up as you go to save time at the end of the evening.

5:30 PM

The meal is served at 6 PM and families will begin to line up for a buffet style dinner. Your meal host volunteer or a representative from your group will introduce your team and the meal.

6 PM

Your group will serve the first round to ensure portion control to prevent you running out of food. Families are welcome to seconds and thirds once everyone has eaten.

6:30 PM

Once dessert has been prepared, we invite you to join the families and enjoy your meal together.

7 PM

Your group will ensure the kitchen is clean. Kitchen workstations, floors and dishes must be cleaned and sanitized.

8 PM

After packing up the leftovers for families to take to the hospital for lunch your group will head home. Thank you for all that you have done!

Family Breakfast

Weekday

7 AM

The weekday breakfast format will be the same as our family dinners with the exception that our weekday breakfast groups arrive at 7 AM and breakfast will be served at 8:30 AM.

8:30 AM

Weekend

8 AM

The weekend breakfast format will be the same as our family dinners with the exception that our weekend breakfast groups arrive at 8AM and breakfast will be served at 9:30AM.

9:30 AM

Top 10 Tips

1

Please stay at home if you are feeling ill.

2

Prepare to cook a healthy meal for 100 people (or 150 during high occupancy times).

3

Include protein and a vegetarian option in your menu. Dessert and non-alcoholic beverage options are appreciated.

4

Manage your time and group to ensure dinner is served on time and clean up runs smoothly.

5

Take lots of pictures of your group together and having fun.

6

Please do not take pictures of and/or with our families.

7

Once our families are served, grab a plate for yourself and sit alongside our families.

8

It is appreciated if you do not leave any mess for our families to clean up. Kitchen workstations, floors and dishes must be cleaned and sanitized.

9

Please ensure there are no group members under the age of 16 and every member is actively participating.

10

Smile and have fun! Let us know if you have any feedback to help improve our meal program.

FAQ

How many volunteers are needed?

A group of 12-15 volunteers is ideal when preparing a meal for 100 people. The maximum number of volunteers in our kitchen is 15. The minimum age of a Family Meal volunteer is 16 years old.

How many people do we serve?

Groups must be prepared to serve 100 people. Whether the food is eaten at mealtime or enjoyed as leftovers, it will be very much appreciated. During high occupancy periods (summer holidays, spring break, December), please prepare to serve 150 meals.

What should we cook and how much will it cost?

Plan your shopping in advance to ensure food item availability. A Family Meal typically costs \$400 and above. Families love it when groups get creative with their menus and make the kinds of food you love. We ask that each meal includes a protein and vegetarian option. If you would like suggestions, feel free to ask us. We try to provide variety to our families and prefer not to duplicate menus in any given week.

Are tax receipts issued for the food items purchased?

Yes, you are eligible for a tax receipt for the food your purchase for your dinner! To be eligible for a tax receipt, we require:

1. The original receipt(s) with any items that are NOT for the dinner clearly identified.
2. Your personal information – name, address, phone and email. In the event that your entire group would like tax-receipts, please email us directly for a tracking sheet. Note: We receipt the pre-tax amount and donations over \$20 only.

Tax receipt requests must be submitted within one month of your dinner.

Where can we park?

Due to the location of the House, parking is very limited. Pay parking is available on the property of BC Children's Hospital as well as in the St. Vincent parking lot located at 32nd and Heather Street. There is street parking along Heather but it is subject to availability. We always suggest carpool. We do recommend groups drop off their food at the temporary parking at the front of the House prior to finding parking.

Portion Sizes

Protein



100

Chicken
Thighs/Breasts



25 lbs

Ground Beef



20

Packages
of Tofu



100

Burgers

Grains and Starches



10 lbs

Rice



10 lbs

Spaghetti



10

Lasagna
trays (9x13)



100

Baked
Potatoes

*Exact portion sizes will depend on the meal.

Portion Sizes

Vegetables and Fruit



14

Heads of Romaine

Caesar Salad



25 lbs

Mixed Veggies



50 Cups

Fruit Salad



12

Heads of Lettuce

Garden Salad

Breakfast



18 lbs
of Bacon



12

Dozen Eggs



12

Dozen Bagels



14 lbs

Pancake Mix